



16. Kirschlauf
Kleinfahrer / 12.06.2016

Detailed evaluation

Rambow, Sascha

Club: Commerzbank Erfurt
Number: 14

Course: 14.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:14:38

Speed: 11.26 km/h
Running performance: 5:20 min/km

Rank in course/Total: 44 (of 158)

Rank in course/Men: 41 (of 120)

Best time in course: 49:18

Rank in category: 5(of 16)

Best time in the category: 1:00:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle	7.50	46:16	6:10	5	8:04	43	14:26	7.50	46:16	6:10	5	8:04	43	14:26
Finish	6.50	28:22	4:21	5	5:50	48	10:54	14.00	1:14:38	5:19	5	13:54	41	25:20